

## MILD Sleep Apnea: Secondary Diagnosis required for CPAP therapy

Obstructive Sleep Apnea (OSA) Severity based on AHI (Apnea Hypopnea Index)

- 0 - <5 = Normal
- 5 - <15 = MILD\***
- 15 - <30 = Moderate
- >30 = Severe

\*Patients diagnosed with **Mild OSA (AHI 5 - <15)** will need a secondary diagnosis (with ICD-10 codes) to qualify for a CPAP machine through their insurance. The secondary diagnosis must be included in an office visit note.

Here is a list of accepted secondary diagnoses for CPAP therapy coverage:

- Ischemic Heart Disease
- Hypertension
- History of Stroke
- Impaired Cognition
- Mood Disorder
- Insomnia
- *Excessive Daytime Sleepiness (EDS) with Epworth Sleepiness Scale (ESS) (score ≥10)\*\**

<b>0</b> <i>Would never doze</i>	<b>1</b> <i>Slight chance of dozing</i>	<b>2</b> <i>Moderate chance of dozing</i>	<b>3</b> <i>High chance of dozing</i>
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	Chance of Dozing			
	0	1	2	3
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place (eg, a theater or a meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch without alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3

Total Score:

### Interpreting Epworth Sleepiness Scale Scores

Normal	EDS*	High Levels of EDS*
0-10	Greater than 10	Greater than 16